# Anabolic Steroids

## How they affect your body, your mind, your career.

USAPHC

UNITED STATES ARMY PUBLIC HEALTH COMMAND

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# Briefing Outline

**PURPOSE**: To educate service members on the effects of anabolic steroids.

1. What are anabolic steroids?
2. Who is using steroids?
3. How are steroids being used?
4. Why are steroids abused?
5. Why should I steer clear of steroids?
6. Regulations on steroid use
7. Psychological effects of steroids
8. Physical effects of steroids
9. Physical Effects - Images

# What are anabolic steroids?

Anabolic steroids are synthetic versions of the male sex hormone – testosterone

Thinkstock

# Who is using steroids?

## 2008 DoD Survey of Health-Related Behaviors

- 3.8% of active duty personnel reported ever using steroids
- 1.9% reported use in the past year
- 1.1% in the past month

Thinkstock

# How are steroids being used?

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- Often easily obtained in countries where service members are stationed or deployed
- Usually taken orally or injected
- Taken for a period of time, then stopping for a period of time (cycling)
- May mix different types and amounts of steroids to increase the effects (stacking)
- May increase the number or the amount of steroids used at one time and then taper off toward the end of the cycle (pyramiding)

# Why are steroids abused?

**Steroids are used without a prescription to:**

- Build muscle
- Increase strength
- Improve physical appearance
- Speed up post-workout recovery
- Train harder and more often

DoD Imagery

# Why should I steer clear of steroids?

- They're illegal
- They have harmful psychological effects
- They have harmful physical effects

msnbc.msn.com

# Regulations on steroid use

- Steroids are illegal without a prescription in the U.S. and by U.S. personnel deployed in a combat theater
- Possession is a federal crime. Penalty for first offense is a minimum **$1000 fine** and up to **one year in prison**
- Command may initiate AR 15-6 investigations
- Command may request steroid testing of individuals - testing can detect steroids up to several months after use
- Investigations can lead to USMJ actions
- CID looks into sales and distribution of steroid products
- Steroids are banned by most, if not all, major sports organizations – IOC, NCAA, MLB, NBA, NFL, NHL

# Psychological effects of steroids

**Abuse of steroids may lead to:**

- Aggression
- Violence
- Paranoid jealousy
- Extreme irritability
- Delusions
- Impaired judgment

**Long-term use can:**

- Affect brain pathways
- Affect brain chemicals

**Withdrawal symptoms**

- Mood swings
- Fatigue
- Restlessness
- Loss of appetite
- Insomnia
- Reduced sex drive
- Steroid cravings
- Depression
- Suicide

# Physical effects of steroids

- **Both Men and Women**
  - Severe acne
  - Liver damage
  - Jaundice
  - Fluid retention
  - High blood pressure
  - Cholesterol problems
  - Kidney failure
  - Trembling
  - Stunted height

- **Men**
  - Shrinking of the testicles
  - Reduced sperm count
  - Infertility
  - Baldness
  - Breast development
  - Increased risk for prostate cancer
- **Women**
  - Growth of facial hair
  - Menstrual changes
  - Male-pattern baldness
  - Deepened voice

# Physical Effects - Images

Acne from steroid use

http://uniqworlds.blogspot.com/2011/04/negative-effects-of-steroids.html

Increased facial and body hair in women

womenonroids.blogspot.com/

Real?

http://media.ebaumsworld.com/picture/Velso/Steroids.png

Breast development in men

http://en.wikipedia.org/wiki/File:Gynecomastia_in_Bodybuilder.jpg

Jaundiced eyes from liver damage due to steroids

dorn.hubpages.com/hub/sideffectsofsteroids

# Summary

- Steroids are illegal without a prescription
  You can be prosecuted under federal law and the UCMJ

- Steroids can have harmful effects on the brain
  - Aggression and violence
  - During withdrawal, depression and suicide

- Steroids can have harmful effects on the body
  - Liver and kidney damage
  - High blood pressure
  - Acne, shrinking of the testicles in men, and growth of facial hair in women

# More information

- National Institute on Drug Abuse (NIDA) - Steroids (Anabolic)
  http://www.drugabuse.gov/drugs-abuse/steroids-anabolic
- MedlinePlus – Anabolic Steroids
  http://www.nlm.nih.gov/medlineplus/anabolicsteroids.html
- U.S. Army Public Health Command - Anabolic Steroids
  http://phc.amedd.army.mil/topics/healthyliving/asm/Pages/SteroidAbuse.aspx